



PROACTIVE V. REACTIVE

by TSgt Angel Kifer
132d Wing SAPR Prevention Team

Isn't it better to be proactive and avert an unsafe situation? Absolutely!

Unfortunately, there is no way to keep yourself safe at all times because you cannot control everything. However, there are a few things you can do to make yourself safer in certain situations. For example, cell phones are wonderful! I love my phone just like everyone else; however, if your cell is not charged it is no use to you. This is important especially if you are going in someone else's vehicle. Additionally, walking to your vehicle on your cell phone is a dangerous distraction, for instance, you could get hit by another car or followed and not notice.

Another proactive idea is to set up the "phone call or text". My daughter would ask me to call her at a certain time to check to make sure she was okay and didn't want to leave her current situation.

If she couldn't talk right at that moment she would text me a code word. My daughter's was muffin. Her grandmother's nickname for her. I don't use that nickname. That meant she needed me to call her and tell her I needed her and am on my way to pick her up. Pick something that is easy and easily explained in case someone gets your phone.

Email me some of the ways you are proactive to angel.kifer@us.af.mil





168th Cyber Operations Squadron assists and trains Army Guard cyber team

by Tech. Sgt. Michael J. Kelly 132d Wing Public Affairs

Since being activated in 2017, the 168th Cyberspace Operations Squadron (COS), operating out of the 132d Wing, Iowa Air National Guard, has executed its mission of providing cyber protections teams to identify, pursue and mitigate cyberspace threats impacting Department of Defense information networks, critical links, and nodes.

As the State of Iowa looks to ratchet up its cyber defense capabilities, Iowa National Guard Joint Force Headquarters (JFHQ) turned to the Defense Cyberspace Operations Element (DCOE) to spearhead this initiative. The DCOE is state level Army coordinated cyberspace team. While the 168th COS serves a variety of clients both state and federal, the DCOE's primary mission will be to support the state level missions.

"We're all training to do the same types of things," said Lt. Col. Eric Eggers, DCOE team chief. "Our goal is to get our people the opportunity to train and grow the (DCOE) team to be a feasible size element. Having the Air and Army work together in this is much more fiscally beneficial."

As facilities and infrastructure are being built to support the cyber initiative, the DCOE team currently drills with the 168 COS to maximize training and increase cohesion with Air and Army National Guard processes.

Joint training allows the Air and Army to combine resources and give the DCOE a temporary home until additional facilities are ready. The DCOE will have a bigger role in domestic operations (DOMOPS) around the state including support of elections and responding to tasking's for the governor.

"We've been able to acquire some space in JFHQ that our team will be able to go to while there and double as a joint workspace when we go into the 2022 election season," said Eggers. "That will allow the DCOE and 168th COS to work out of JFHQ on that mission as it requires it."

Full story here on DVIDS: https://www.dvidshub.net/news/407405/16 8th-cyber-operations-squadron-assistsand-trains-army-guard-cyber-team



Members of the 168th Cyberspace Operations Group talk with Army National Guard and Kosovo Security Forces members during Exercise Adriatic Thunder in Croatia, June 9, 2021.



THE FOUR HORSEMEN OF THE HOLIDAY APOCALYPSE

by Ch Tim Frasher 132d Wing Chaplain

I am priming myself for the holidays... My wife has conservatively radical family members and I have progressively radical family members. At some point the Thanksgiving conversation will turn toward the four horsemen of the holiday apocalypse: politics, human sexuality, religion, and COVID ensuring doom, destruction, fire and fiery.

This is a reality that we all live with. We all have family members we do not agree with and that one person we cannot stand. We will all have the opportunity to be offended by others and to offend.

In the wisdom scriptures from the Hebrew Bible there is a great phrase that I repeat to myself frequently during holiday gatherings. It states, "Do not answer a fool according to his/her folly, or you yourself will be just like him/her" (Proverbs 26:4). This scripture is a practice that works to deescalate situations. It is a great tool for your holiday toolbox.

Another tool you may want to employ is prayer. In particular, the opening line of the Serenity Prayer, "God, grant me the serenity to accept the things I cannot change (particularly my family)." You cannot change others, but you can change your outward and inward reaction. You have the ability to transcend the four horsemen of the holidays, maintain the peace, and your own sanity.

I would like to challenge you to rise above the fray for your own mental, physical, emotional, and spiritual health. What would it look like if you were able to endure the holidays without animosity, negativity, and bitterness? It may be the best gift you can receive during the holidays.

Happy Holidays, Chaplain Frasher





OPERATION ALLIES WELCOME

Approximately 35 Airmen from the 132d Wing in Des Moines recently received stateside deployment orders in support of Operation Allies Welcome.

Operation Allies Welcome is the ongoing effort to bring Americans home from Afghanistan and bring vulnerable Afghans to the United States and support their resettlement.



DMPD ACADEMY



SrA Kiley Cook and MSgt Aaron Fritz were among members of the Des Moines Police Academy training at the 132d Wing in October.

NEW FIRE CHIEF



Joshua Wiebel, 132d Fire Emergency Services, was promoted to the rank of Chief Master Sergeant during October drill.







ARRIVALS

Lt Col	Bradley, Anthony	C	OG	1-Oct-21
TSgt	Sapper, Stevie	- F	SS	1-Oct-21
3-	omplett, ottotto			
SSgt	Kolwalczyk, Adam	F	тос	9-Oct-21
3391		- 1	100	3 Oct 21.
SSgt	Sanchez, Renneta		/DG	19-Oct-21
339 t	Janenez, Renneta	. N	שוא	19-061-21

DEPARTURES

Lt Col	Stroschein, Joshua	cos	15-Oct-21
Maj	Castellano, Gloria	MDG	18-Oct-21
SMSgt	Olson, Patrick	MSG	31-Oct-21
MSgt	Stepp, Kyle	OSS	18-Oct-21
MSgt	Flinn, Wade	SFS	31-Oct-21
MSgt	Seeley, Matthew	CF	25-Oct-21
TSgt	Dick, Charles	CE	16-Oct-21
TSgt	Clayberg, Jonathan	MDG	15-Oct-21
SSgt	Lester, Mark	WG	19-Oct-21
SSgt	Ormord, Zach	CF ,	14-Oct-21
AIC	Wedum, Jazmeni	SFS	17-Oct-21

PROMOTIONS

SMSgt	Iversen, Andrew		WG	1-Nov-21
MSgt	Jenson, Dylan		OSS	1-Nov-21
MSgt	Bond, Brandon		oss	15-Nov-21
TSgt	Jensen, Zachary		CES	1-Nov-21
TSgt	Merrifield, Scarlett		MDG	1-Nov-21
TSgt	Koster, Danielle		WG	1-Nov-21
SSgt	Reed, Orrey		SFS	1-Nov-21
SSgt	Foss, Margaret		SFS	1-Nov-21
SSgt	Horzewski, Alan		MSG	17-Oct-21
SSgt	Groepper, Grayson		FSS	15-Oct-21
SSgt	Grunewald, Joshua	ı (1964)	oss	1-Nov-21
SrA	Herring, Ryan		oss	1-Nov-21
AMN	Cheshire Brayden		FSS	1-Nov-21

MENU

Saturday Sunday Chicken Cordon Bleu Turkey/Ham Catfish **Mashed Potatoes** Mashed Potatoes w/ w/gravy Stuffing gravy Peas/Carrots **Green Bean Casserole** Corn Bread Corn **Garlic Cheddar Biscuits Chicken Bacon Ranch** Quesadillas **Grilled Cheese Curly Fries** Chips Tomato Basil Soup Cookies